

Thursday, April 5, 2012

Agenda

Introductions

Budget

- a. Additional \$20,000 Approved
- b. Fundraising Event – Ideas?

County Health Rankings

Sub Committee Updates

- a. Community
 - 1. NEO Planning & Zoning Workshop – Friday, June 22 at LaMalfa
 - a. Darwin Hindman, Former Mayor of Columbia, Missouri
 - b. Dave Janis, Safe Routes To School
 - 2. Website Hits
 - 3. Community Events – Healthy Kids Day (YMCA) – April 14 & 21
- b. School
 - 1. Grants
 - a. Site Visits – photos are in Facebook page.
 - i. St. Mary's Elementary – after school indoor activity stations
 - ii. Royalview Elementary – Veggie U curriculum
 - iii. Longfellow Elementary – fresh fruit lunches
 - iv. Memorial Middle – fitness and nutrition component added to Family & Consumer Sciences class (6-8 grade)
 - b. School Gardens – Funded
 - i. Hopkins Elementary (Mentor) - \$1,500
 - ii. Mentor Christian (K-12) - \$1,200
 - iii. Riverside High School - \$950
 - c. School of a Healthier Tomorrow
- c. Worksite
 - 1. “Wellness at Work” – Friday, September 7 at Great Lakes Mall.
- d. Mental Health
 - 1. Formulating a Plan – will begin working with “residential sites”.
- e. Aging
 - 1. Will begin working with Senior Centers & Council on Aging.

5K Challenge!

Next Meetings

- | | |
|-------------------------------|---------------------------------------|
| A. ACHIEVE Wellness Committee | June 7 at 1:30 p.m. (Health District) |
| B. Sub Committee Meetings | |
| a. Community | May 9 at 1:30 p.m. |
| (Metroparks – Concord) | |
| b. School | May 24 at 9 a.m. (Health District) |

- | | |
|------------------|------------------------------------|
| c. Worksite | May 8 at 3:30 p.m. (Lakeland) |
| d. Aging | May 30 at 3 p.m. (Health District) |
| e. Mental Health | May 15 at 1 p.m. (Health District) |

Quick Updates

A. Community

- a. Bike Days
 - i. Will occur between May 19 & June 23
 - ii. Visit the website for details.
 - iii. Marketing (billboard & bus ads) will begin on Monday, May 7.
- b. Sidewalk Implementation
 - i. Initial conversation resulted in an interest from the townships to begin to look at a plan for ensuring sidewalks are installed in neighborhoods when they are developed.
- c. Automated Bike Racks
 - i. No update, other than Columbus, OH is planning to install these throughout the city.
- d. Food & Nutrition Classes
 - i. Will take place between June & October this year.
 - ii. There are 3 confirmed locations: Health District, JFS, & Lake County Y – East End
 - iii. There is one pending location: Lifeline, Inc.

B. Schools

- a. Weighting Game
 - i. There will be a second showing of the “Weighting Game” on May 11 (10 a.m. and noon) – email was sent regarding this.
- b. Fundraising Booklet
 - i. Doing an online survey regarding this was no more helpful than sending a hard copy survey. We did get 8 responses after several reminder emails about to schools about completing the survey – Summit Academy one the box of frisbees. The group has decided to put this on the back burner for now.
- c. County-Wide Fundraising Event
 - i. We have decided not to do this.

C. Worksite

- a. Grants – we will likely be launching these in September at the “Wellness at Work” Expo.

ACHIEVE Wellness Committee

Meeting Minutes

Thursday, April 5, 2012

1:30 p.m.

Partners Present

Matt Battiato	Lake County Job and Family Services
Dick Bennett	Lake County Y
Jason Boyd	Lake County Planning Commission
Cheryl Cairns	Cleveland Clinic, Willoughby Hills
Kim Fraser	Lake County ADAMHS Board
Johanna Henz	Lake County Free Clinic
Lee Homyock	Department of Recreation and Public Lands, Painesville
Sally Klock	Lake County Family & Children First Council
Dick Kotapish	Lake County GIS Department
Misty Morris	Morris Family Chiropractic
Stella Nsong	Ohio Care Planning Council
Traci Salkiewicz	Lake County Engineers Office
Sharon Sharpnack	Lake Metroparks
Siciliano-Miller, Lisa	OSU Cooperative Extension Office
Tori Sinclair	Lake County General Health District
Dan Troy	Lake County Commissioners
Gauri Wadhwa	American Cancer Society

Guests Present

Michelle Dicillo Nightingale Home Support & Care, Inc.

Introductions were made around the table.

T. Sinclair mentioned that the agenda is now two pages; the first page contains items we will cover at this meeting, the second page under “Quick Updates” is information for the committee to read on their own. This is an effort to keep our meetings around one hour.

Budget

1. Additional \$20,000 Approved
 - T. Sinclair mentioned that the current budget reflects a remainder of \$33,191.23; the additional funds are not listed as of now. She will track this separately. The actual amount available is \$53,191.23.
2. Fundraising Event – Ideas?
 - T. Sinclair informed the group that a fundraising event planned for August at the Captain’s Stadium to raise money for the initiative got canceled. L. Homyock mentioned that we could partner with them for their 5K Fun Run scheduled for October 20. There was talk of a dunk tank, pancake breakfast, and increasing tickets to \$20 per person for the run. Proceeds would be split between the Painesville Recreation Office and ACHIEVE Wellness.

County Health Rankings

1. T. Sinclair mentioned that these were released this week. Lake County is still ranked #13. The bad news is that we didn’t improve; the good news is that we didn’t score worse in terms of our overall health.
2. G. Wadhwa asked what factors are used in determining this information and T. Sinclair referred her to the website. There was discussion that the study uses # of liquor stores, # fast

food restaurants, air quality, # of people that are obese and smoke – these are just a few of the factors.

Sub Committee Updates

Community

1. NEO Planning & Zoning Workshop – Friday, June 22 at LaMalfa
 - Darwin Hindman, former Mayor of Columbia, Missouri
 - Dave Janis, Safe Routes to School
 - Both of these speakers are confirmed and the planning for this is coming along nicely. Both of them will speak three times. Dave will speak at the conference on Friday. Darwin will speak Thursday evening in addition to the conference. Thursday evening we are hosting “An Evening with Darwin Hindman” at 6 p.m. at the Willoughby Library. Dinner will follow. All ACHIEVE Wellness members will get an official invite.
2. Website Hits
 - Dick Kotapish recently ran a report. Website hits have gone up slightly since the Time Warner PSA launched. Users are about 50% new visitors and 50% returning visitors.
3. Community Events – Healthy Kids Day (YMCA) – April 14 & 21
 - T. Sinclair mentioned that we are getting requests to promote ACHIEVE Wellness at various events and it would be good if the group allocated \$500 to promotional items for use at events.
 - L. Homyock motioned to allocate \$500 of our budget to promotional items and J. Boyd seconded. Motion was unanimous.
4. Corner Store Survey
 - D. Kotapish mentioned that the maps showing the breakdown of what foods are offered in corner stores are complete. The data will be used to determine the gaps in food access and quality. The group will then determine a strategy to work with convenient store owners in an effort to make improvements, where needed.
5. Bike Days Lake County
 - T. Sinclair mentioned that we need experienced riders to lead the route from Madison to North Perry (8 miles total) on Saturday, June 16. The route is on the website. G. Wadhwa and D. Bennett said they were willing to identify individuals for this. T. Sinclair will follow up with Gauri first, then Dick.

Schools

1. Grants
 - Site Visits – photos are on our Facebook page.
 - St. Mary’s Elementary – after school indoor activity stations.
 - Royalview Elementary – Veggie U curriculum
 - Longfellow Elementary – fresh fruit lunches
 - Memorial Middle – fitness and nutrition component added to Family & Consumer Sciences class (6-8 grade)
 - To summarize the site visits, T. Sinclair mentioned that she thinks trying to work with the schools is going to get harder and harder. Many of them are laying off teachers, which is another reason they can’t invest in efforts to make their students lives healthier.

- School Gardens – Funded
 - Hopkins Elementary (Mentor) - \$1,500
 - Mentor Christian (K-12) - \$1,200
 - Riverside High School - \$950
 - D. Bennett asked about the estimated cost to have a school garden. He wanted to know if the funds we provided support the garden or if other dollars are needed. T. Sinclair responded that Hopkins used additional dollars, however, to her knowledge the others did not.
 - The schools received the amounts based upon the budget total they submitted.
- School of a Healthier Tomorrow
 - T. Sinclair mentioned that a meeting took place with Willoughby-Eastlake and they were supposed to submit their final grant application. To date, Donna Cook has not received it. Upon receipt, the group will review and make their recommendations.

Worksite

1. “Wellness at Work” – Friday, September 7 at Great Lakes Mall

- T. Sinclair provided the following summary:
 - The main event would be from 9:30 a.m. to 12:30 p.m. however, vendors can stay all day.
 - We need to market this well to two audiences: vendors and businesses.
 - Our cost will be \$2,000; \$1,000 for the event and \$1,000 to market with a sky banner the month leading up to the event.
 - We will have the main stage set up for a key note speaker and a panel; each will have roughly 30 minutes.
 - M. Battiatto asked if this is something attendees would be particularly interested in. T. Sinclair replied that if we promote an agenda along with a brochure, people will know what to expect.
- The following discussions took place:
 - The group felt that we could charge \$100 per vendor, rather than \$50.
 - The group also suggested contacting Patty Perry at www.usepromark.com to see if she would be able to plan this event at a reasonable price.

Mental Health

- This sub-committee discussed working with “residential sites” to make improvements to their physical environment.

Aging

- Planning to work with senior centers and the Council on Aging to identify potential improvements.
 - M. Battiatto mentioned that he met with the new CEO, Joey Thompson and he seemed interested in working with ACHIEVE Wellness.

5K Challenge!

- Members of ACHIEVE Wellness signed up to run or walk in Lake Health’s 5K scheduled for Sunday, June 10. All participants will wear an ACHIEVE Wellness t-shirt. We will do a before picture for our website and Facebook page. All participants that sign-up, should register on their own at <http://www.northeastrunningclub.org/LakeHealth/index.html>.

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Mental Health	May 15 at 1 p.m.

Respectfully submitted,
Tori Sinclair

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D. Community

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b. Sidewalk Implementation

- i. Initial conversation resulted in an interest from the townships to begin to look at a plan for ensuring sidewalks are installed in neighborhoods when they are developed.

c. Automated Bike Racks

- i. L. Homyock determined it would cost about \$10,000-12,000 per rack. He is looking at prices for other companies.

d. Food & Nutrition Classes

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